



## MATTHEW A. BERNSTEIN, M.D.

ORTHOPEDIC HAND & UPPER EXTREMITY SURGEON

### Fracture Supplements

#### Fracture essentials (Over the counter)

- Citracal™ calcium – 2 tablets daily (if you need more calcium in your diet)
- Vitamin D – An additional 10,000-15,000 IU weekly (if you are low in Vitamin D, do not get at least 15 minutes of sun exposure per day, and/or are not known to be too high in Vitamin D)
- Calories – while healing from a new fracture, it is essential that you NOT attempt to lose weight. In order to heal your fracture, your body will need extra calories, particularly from protein (be careful if you have gout or kidney disease). Carnation instant breakfast or other high calorie/high protein nutritional supplements are good options if you aren't hungry enough to eat otherwise.

#### To aid with fracture healing and minimize risk of Complex Regional Pain Syndrome prevention (Over the counter)

- Vitamin A – 25,000 IU daily or 7500mcg daily  
**(DO NOT EXCEED THREE MONTHS OF VITAMIN A SUPPLEMENTATION)**
  - May purchase online if unable to find at pharmacy.
- Vitamin C – 500mg twice daily

#### Fracture precautions

- NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) there is concern that NSAIDs (Aleve™, Advil™, Mobic™, Celebrex™, Voltaren™, etc. – ALL NSAIDs) **MAY** slow bone healing during the first 3 weeks after an injury or surgery. The effect seems to be mild and reversible, but in general if your pain is controlled with Acetaminophen, we recommend staying away from NSAIDs during the first 3 weeks after injury if being treated nonsurgical or after the surgery if that was needed for your fracture. Don't combine different NSAIDs and/or Acetaminophen. When taken in excess, NSAIDs can cause liver or kidney problems in addition to gastrointestinal (stomach) issues.
- We would prefer you take an NSAID rather than a narcotic as the slowing of bone healing is generally mild with NSAIDs.

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